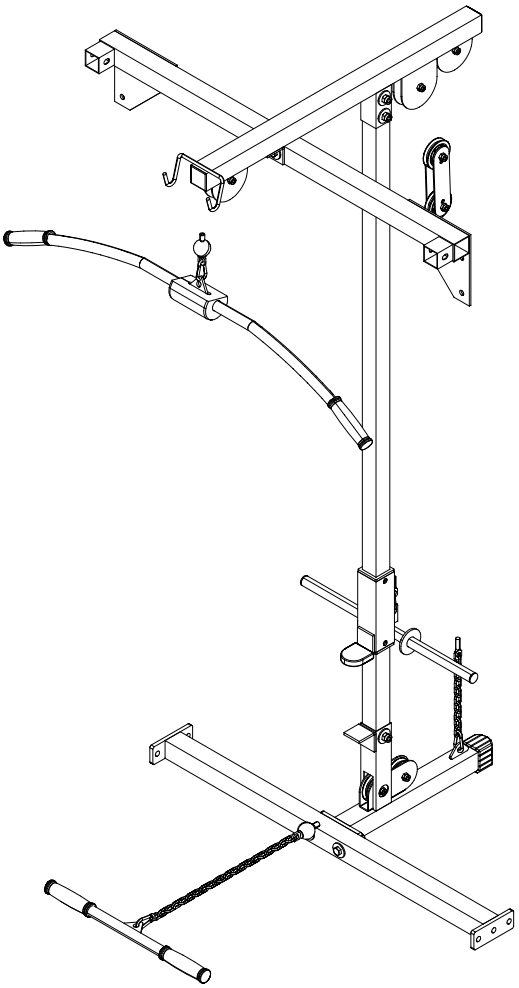
POWERLINE USA

by Body-Solid

# PLA-200X

## LAT ATTACHMENT

## Owner's Manual



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V 040611.A

**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for sign of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.

**FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**

Keep clear of the cables and all moving parts when machine is in use.
Always make sure all Snap Links are closed when doing cable/pulley/strap exercises.
Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
It is recommended that you workout with a training partner.
Do not allow children or minors to play on or around this equipment.
If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service center at 1-800-556-3113.
**WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

# WARNING

## Safety and Maintenance of Cables

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
**Call 1-800-556-3113**

DO NOT REMOVE WARNING LABELS FROM MANUAL OR MACHINE

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# PLA-200X
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# PLA-200X
## SAFETY INSTRUCTIONS

**When using exercise equipment, you should always take basic precautions including the following:**

- Read all instructions before using the PLA-200X. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause serious injuries.
- Wear proper excercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do no overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

**Personal Safety During Assembly**

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment
- Assemble and operate the PLA-200X on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PLA-200X is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Powerline Lat Attachment.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

**Obtaining Service**

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Powerline by Body Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Powerline website at www.bodysolid.com or contact an authorized Powerline dealer or a Powerline factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Email: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

**Retain this Owner's Manual for furture reference. Part numbers are required when ordering parts.**

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# PLA-200X
## PREPARATION

### Required tools

The basic tools that you must obtain before assembling the PLA-200X include but are not limit to:

• Standard Wrench Set

• Metric Wrench Set

• Adjustable Wrench

• Standard / Metric Allen Key Set

### Installation Requirements

Follow these installation requirements when assembling the PLA-200X:

Set up the PLA-200X on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

### Ordering Replacement Parts

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

1. Model Number
2. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

### Assembly Tips

Read all “Notes” on each page before beginning each step.

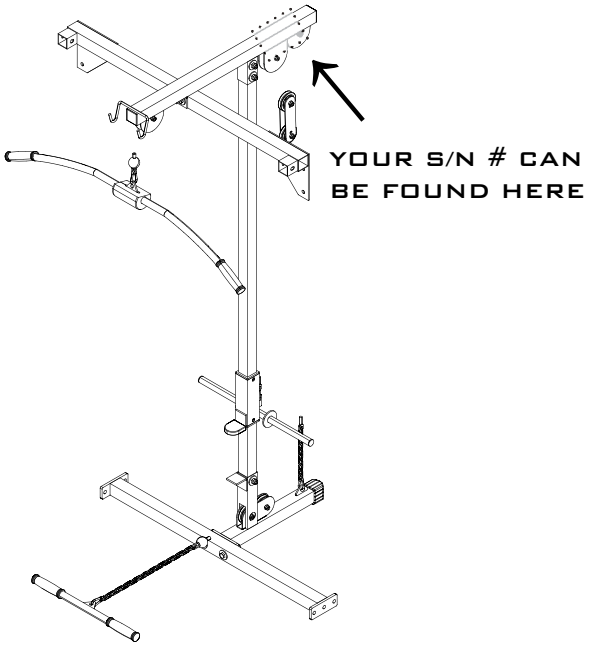
While you may be able to assemble the PLA-200X using the illustrations only, important safety notes and other tips may be included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

NOTE: The bottles that are marked “Poison” is your touch up paint. Keep away from children.

**CAUTION**: Obtain assistance! If you feel like you can’t assemble the PLA-200X by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.

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# PLA-200X
## HARDWARE LIST

| PART # | SIZE | DESCRIPTION | QUANTITY |
|---|---|---|---|
| 1 | M12X80mm | HEX HEAD BOLT | 2 PCS. |
| 2 | M12X75mm | HEX HEAD BOLT | 1 PCS. |
| 3 | M12X70mm | HEX HEAD BOLT | 3 PCS. |
| 4 | M10X40mm | HEX HEAD BOLT | 7 PCS. |
| 5 | M12 | NYLON LOCK NUT | 6 PCS. |
| 6 | M10 | NYLON LOCK NUT | 7 PCS. |
| 7 | M12 | WASHER | 10 PCS. |
| 8 | 110mm | PULLEY | 5 PCS. |
| 9 | 75mm | PULLEY | 2 PCS. |
| 10 | 2”X2” | FOOT CAP | 1 PCS. |
| 11 | 2”X2” | END CAP | 2 PCS. |
| 12 | 1” | ROUND END CAP | 2 PCS. |
| 13 | 60X45mm | NYLON BUSHING | 2 PCS. |
| 14 | | RUBBER GRIP | 4 PCS. |
| 15 | 50X6mm | RUBBER DOUNT | 1 PCS. |
| 16 | 8mm | SNAP LINK | 4 PCS. |
| 17 | 6mm | SNAP LINK | 1 PCS. |
| 18 | | STEEL CHAIN | 1 PCS. |
| 19 | | STEEL CABLE/CHAIN | 1 PCS. |
| 20 | | STEEL CABLE | 1 PCS. |

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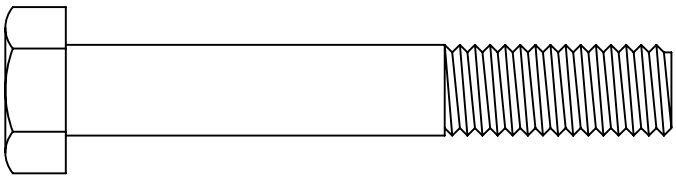
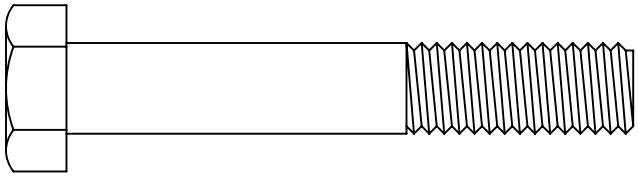
# PLA-200X
## HARDWARE ILLUSTRATION

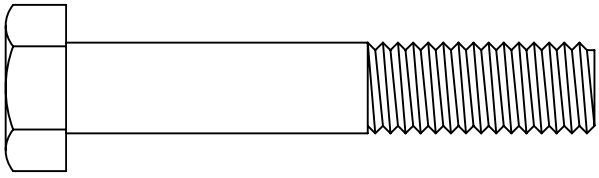
**Part #1** M12X80mm hex head bolt **Qty. 2**



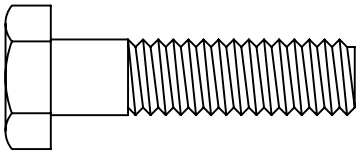
**Part #2** M12X75mm hex head bolt **Qty. 1**



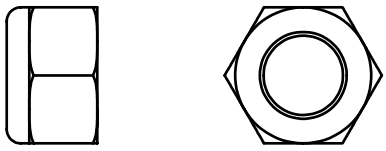
**Part #3** M12X70mm hex head bolt **Qty. 3**

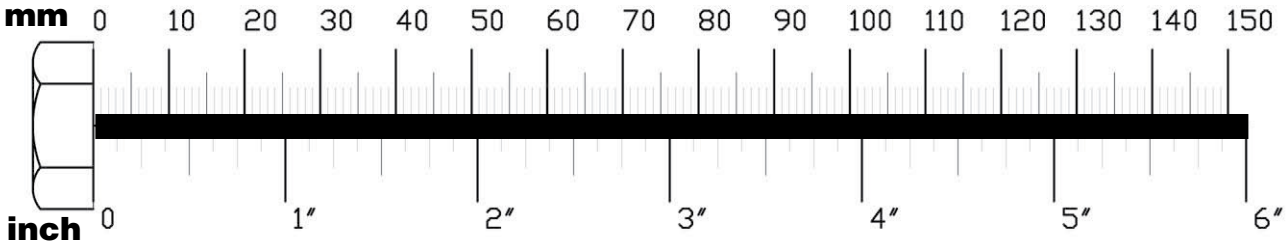


**Part #4** M10X40mm hex head bolt **Qty. 7**



**Part #5** M12 nylon lock nut **Qty. 6**



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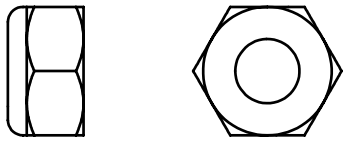
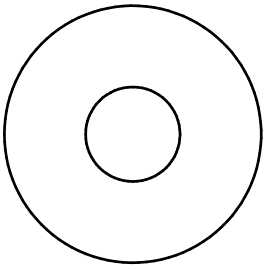
# PLA-200X

## HARDWARE ILLUSTRATION CONT.

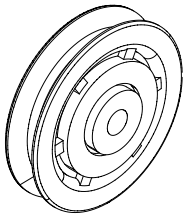
**Part #6** M10 nylon lock nut **Qty. 7**



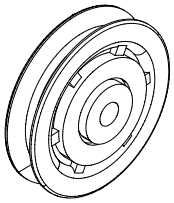
**Part #7** M12 washer **Qty. 10**



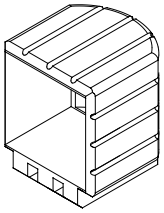
**Part #8** 110mm pulley **Qty. 5**

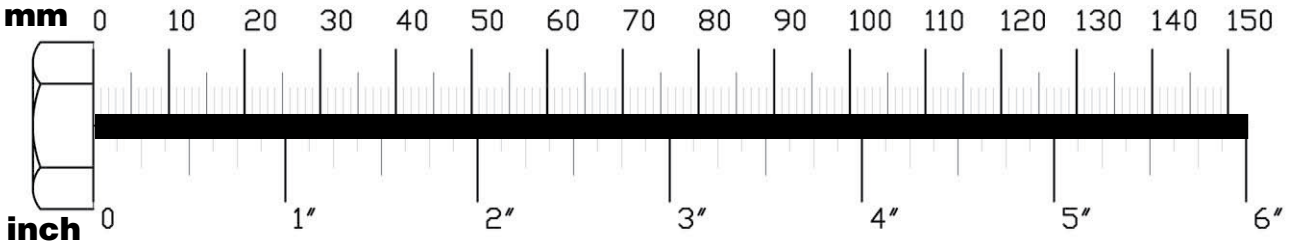


**Part #9** 75mm pulley **Qty. 2**



**Part #10** 2”X2” foot cap **Qty. 1**



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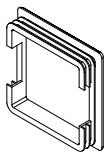
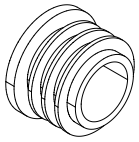
# PLA-200X
## HARDWARE ILLUSTRATION CONT.

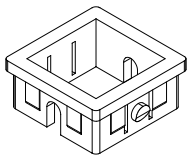
| | | |
|---|---|---|
| PART #11 | 2"X2" END CAP | QTY. 2 |



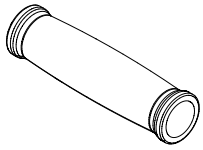
| | | |
|---|---|---|
| PART #12 | 1" ROUND END CAP | QTY. 2 |



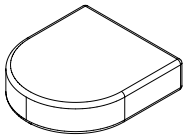
| | | |
|---|---|---|
| PART #13 | 60X45MM NYLON BUSHING | QTY. 2 |



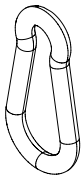
| | | |
|---|---|---|
| PART #14 | RUBBER GRIP | QTY. 4 |



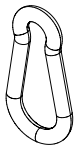
| | | |
|---|---|---|
| PART #15 | 50X6MM RUBBER DOUNT | QTY. 1 |

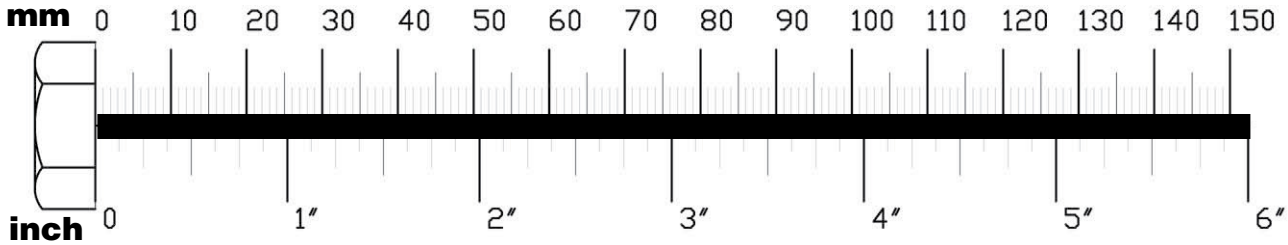


| | | |
|---|---|---|
| PART #16 | 8MM SNAP LINK | QTY. 4 |



| | | |
|---|---|---|
| PART #17 | 6MM SNAP LINK | QTY. 1 |



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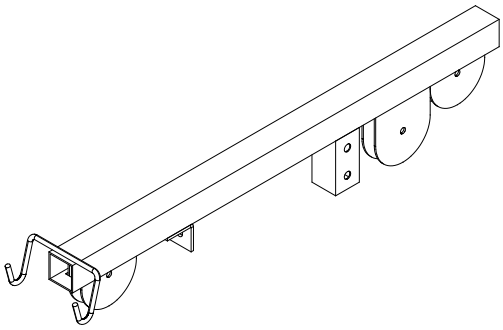
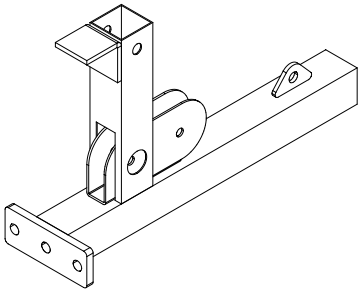
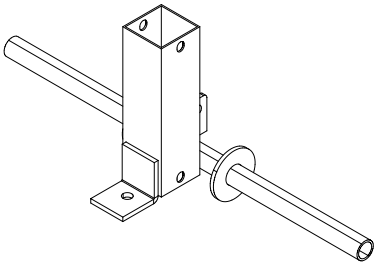
# PLA-200X
## PART LIST/ILLUSTRATION



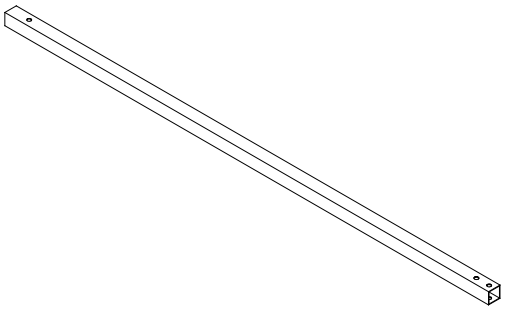
**PART A**
LAT BAR FRAME
[1 PCS]



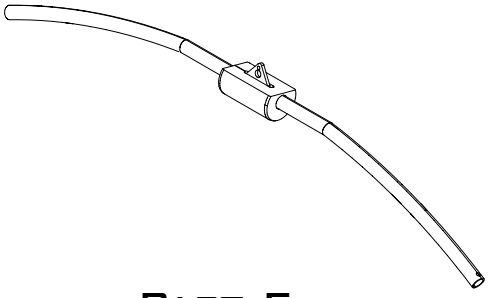
**PART B**
BASE PULLEY FRAME
[1 PCS]



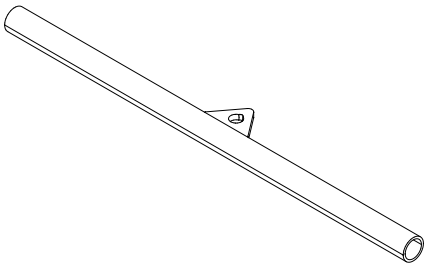
**PART C**
WEIGHT FRAME
[1 PCS]



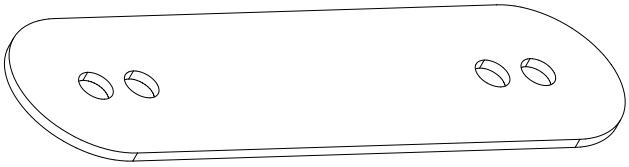
**PART D**
MAINFRAME
[1 PCS]



**PART E**
LAT BAR
[1 PCS]



**PART F**
ROW BAR
[1 PCS]



**PART G**
PULLEY PLATE
[2PCS]

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# PLA-200X
## NOTES

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# PLA-200X
## STEP 1

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

**1A.** ATTACH BASE PULLEY FRAME (B) TO THE BASE FRAME OF YOUR PPR-200X POWER RACK USING:
2 - (#1) M12X80MM HEX HEAD BOLT
2 - (#7) M12 WASHER
2 - (#5) M12 NYLON LOCK NUT

**1B.** INSERT NYLON BUSHINGS INTO TOP AND BOTTOM OPENINGS OF WEIGHT FRAME (C) USING:
2 - (#13) 60X45MM NYLON BUSHINGS

**1C.** SLIDE WEIGHT FRAME (C) ONTO MAINFRAME (D), THEN INSERT MAINFRAME (D) INTO INTO BASE PULLEY FRAME (B) AND ATTACH THE TWO TOGETHER USING:
1 - (#3) M12X70MM HEX HEAD BOLT
2 - (#7) M12 WASHER
1 - (#5) M12 NYLON LOCK NUT

**1D.** INSERT RUBBER DOUNT ONTO LIP OF WEIGHT FRAME (C) USING:
1 - (#15) 50X6MM RUBBER DOUNT

**1E.** INSERT ROUND END CAPS INTO RIGHT AND LEFT OPENINGS OF WEIGHT FRAME (C), AND A FOOT CAP ONTO END OF BASE PULLEY FRAME (B) USING:
2 - (#12) 1" ROUND END CAP
1 - (#10) 2"X2" END CAP

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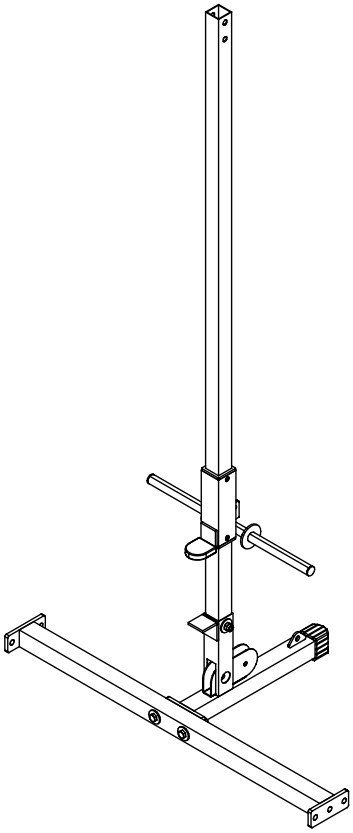
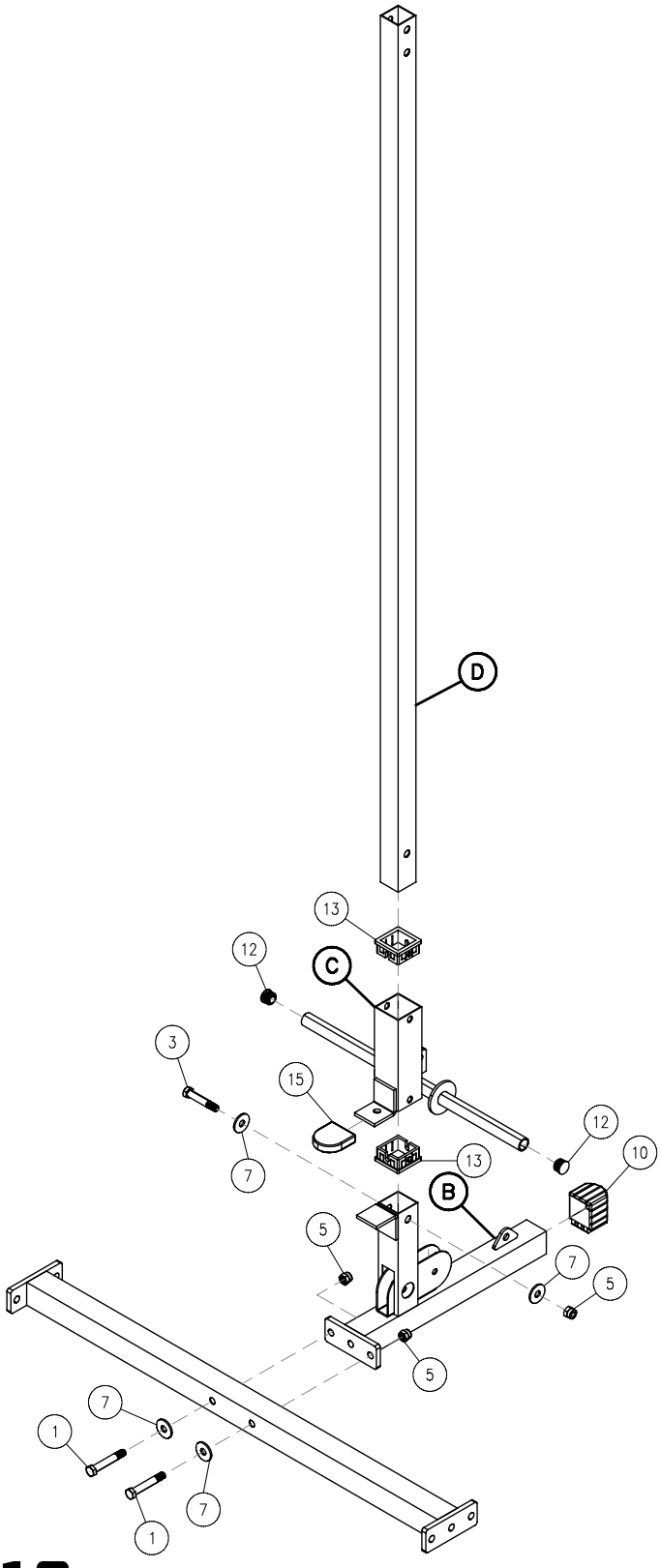
# PLA-200X

## STEP 1



ABOVE SHOWS STEP 1
ASSEMBLED AND COMPLETED

BASE FRAME (PART B) FOR
PPR-200X POWER RACK →

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# PLA-200X
## STEP 2

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

**NOTE:** TO MAKE THINGS EASIER LATER ROUTE THE STAMPED EYE END OF THE STEEL CABLE WITHOUT THE CHAIN, THROUGH THE PULLEY OPENINGS ON THE FRONT AND REAR OF LAT BAR FRAME (A) BEFORE STARTING STEP 2A.

**2A.** ATTACH LAT BAR FRAME (A) TO MAINFRAME (D) USING:
- 2 - (#3) M12X70MM HEX HEAD BOLT
- 4 - (#7) M12 WASHER
- 2 - (#5) M12 NYLON LOCK NUT

**2B.** ATTACH LAT BAR FRAME (A) TO THE REAR FRAME OF YOUR PPR-200X POWER RACK USING:
- 1 - (#2) M12X75MM HEX HEAD BOLT
- 2 - (#7) M12 WASHER
- 1 - (#5) M12 NYLON LOCK NUT

**2C.** INSERT END CAPS INTO THE FRONT AND REAR OPENINGS OF LAT BAR FRAME (A) USING:
- 2 - (#11) 2"X2" END CAP

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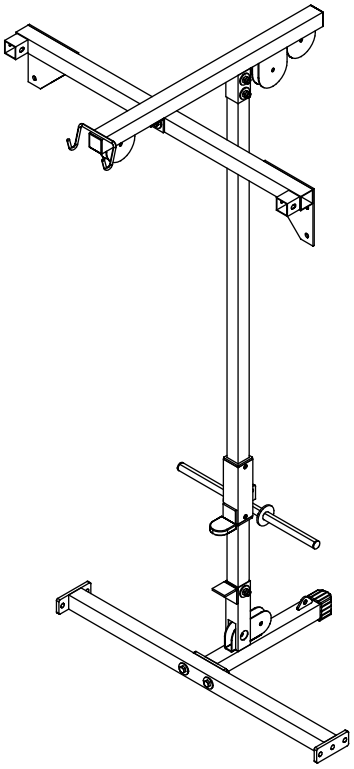
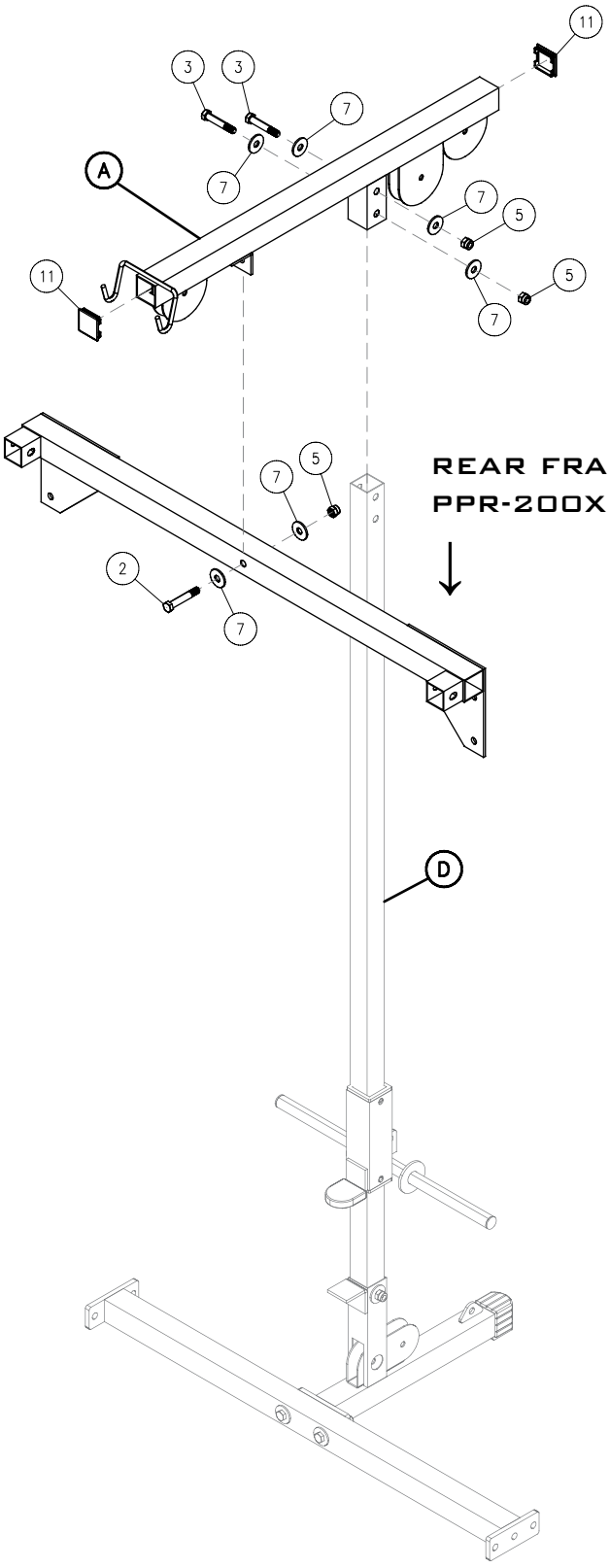
# PLA-200X

## STEP 2



Above shows STEP 2
assembled and completed




REAR FRAME FOR
PPR-200X POWER RACK

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# PLA-200X
## STEP 3

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

**NOTE:** THIS STEP IS TO SHOW YOU WHERE EACH PULLEY NEEDS TO BE ATTACHED AND WHAT HARDWARE GOES WITH IT. THE BEST THING TO DO IS TO INSTALL THE PULLEYS AS YOU ROUTE THE CABLES. CABLE ROUTING IS FOUND ON THE NEXT STEP.

**3A.** ATTACH THREE 110MM PULLEYS TO LAT BAR FRAME (A) USING:
- 3 - (#8) 110MM PULLEY
- 3 - (#4) M10X40MM HEX HEAD BOLT
- 3 - (#6) M10 NYLON LOCK NUT

**3B.** ATTACH TWO 75MM PULLEYS TO BASE PULLEY FRAME (B) USING:
- 2 - (#9) 75MM PULLEY
- 2 - (#4) M10X40MM HEX HEAD BOLT
- 2 - (#6) M10 NYLON LOCK NUT

**3C.** ATTACH TWO 110MM PULLEYS BETWEEN BOTH PULLEY PLATES (G) USING:
- 2 - (#8) 110MM PULLEY
- 2 - (#4) M10X40MM HEX HEAD BOLT
- 2 - (#6) M10 NYLON LOCK NUT

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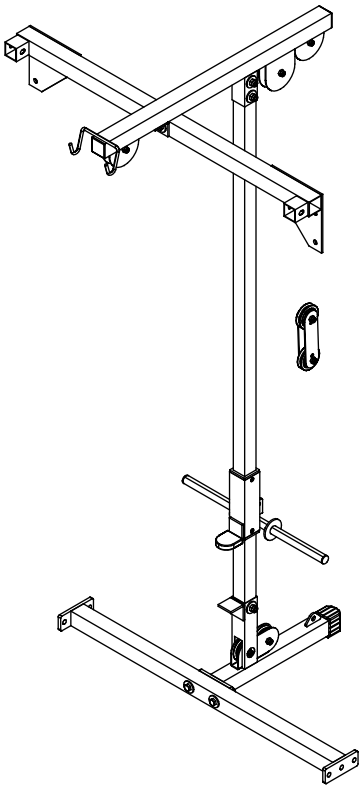
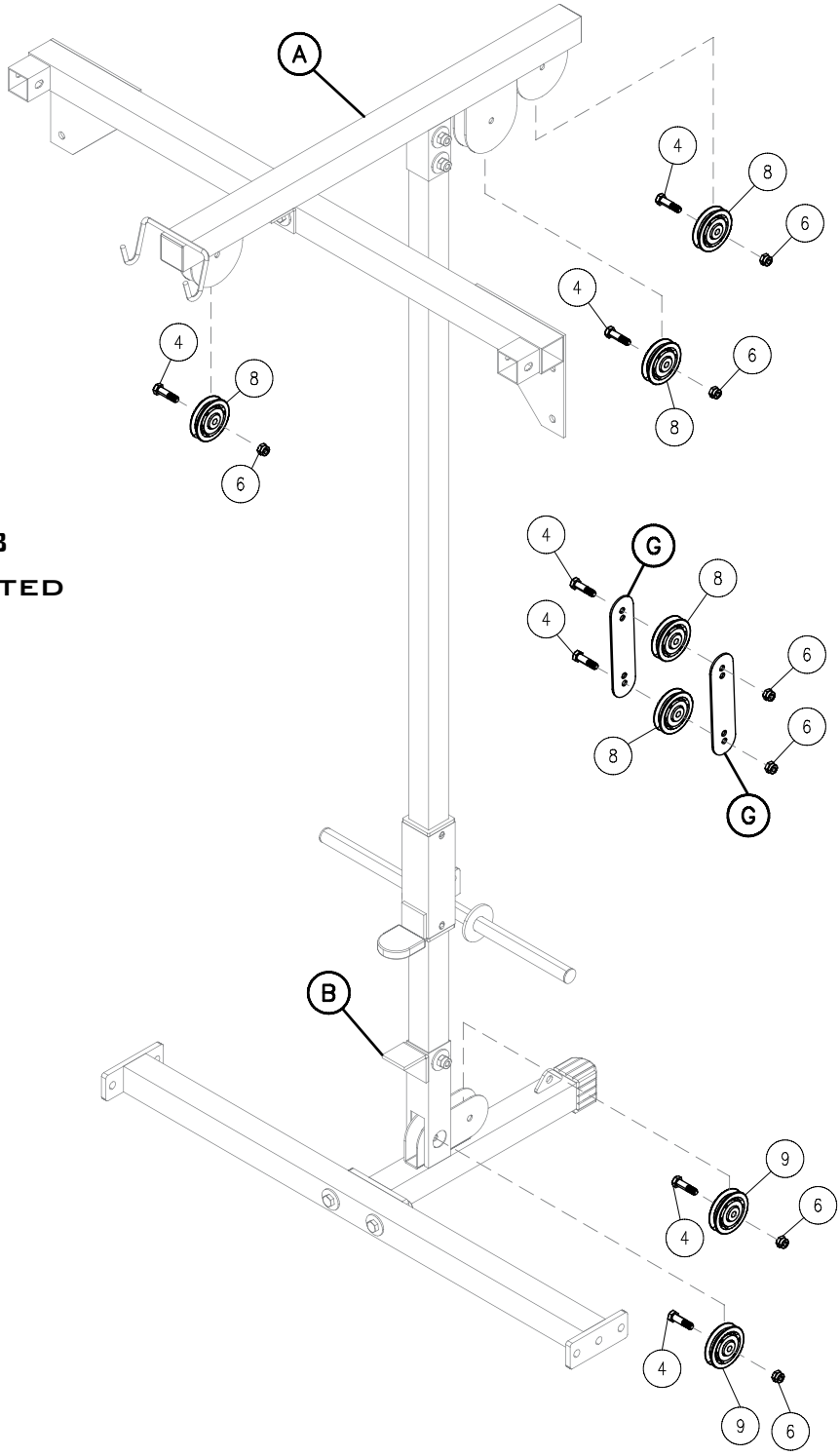
## STEP 3



Above shows STEP 3
assembled and completed

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# PLA-200X
## STEP 4

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

4A. ATTACH SNAP LINK TO EYE HOLE, AND RUBBER GRIPS TO ENDS OF LAT BAR (E) USING:
2 - (#14) RUBBER GRIP
1 - (#16) 8MM SNAP LINK

4B. ATTACH SNAP LINK FOLLOWED BY STEEL CHAIN AND ANOTHER SNAP LINK TO EYE HOLE, AND RUBBER GRIPS TO ENDS OF ROW BAR (F) USING:
2 - (#14) RUBBER GRIP
2 - (#16) 8MM SNAP LINK
1 - (#18) STEEL CHAIN

LAT CABLE (#20): (P1) ATTACH BALL END OF CABLE TO SNAP LINK ON LAT BAR. (P2) ROUTE CABLE OVER FRONT PULLEY OF LAT BAR FRAME (A). (P3) ROUTE CABLE OVER REAR PULLEY OF LAT BAR FRAME (A). (P4) ROUTE CABLE DOWN AND AROUND TOP PULLEY BETWEEN PULLEY PLATES (G). (P5) ROUTE CABLE UP AND AROUND MIDDLE PULLEY OF LAT BAR FRAME (A). (P6) ROUTE CABLE DOWN AND ATTACH TO 6MM SNAP LINK (#17) FOLLOWED BY EYE HOLE ON WEIGHT FRAME (C).

ROW CABLE (#19): (Q1) ATTACH BALL END OF CABLE TO SNAP LINK ON STEEL CHAIN. (Q2) ROUTE THE CHAIN END OF CABLE UNDER AND THROUGH BOTH PULLEYS OF BASE PULLEY FRAME (B). (Q3) ROUTE CABLE UP AND OVER BOTTOM PULLEY BETWEEN PULLEY PLATES (G). (Q4) ROUTE CABLE DOWN AND ATTACH TO 8MM SNAP LINK (#16) FOLLOWED BY EYE HOLE ON BASE PULLEY FRAME (B).

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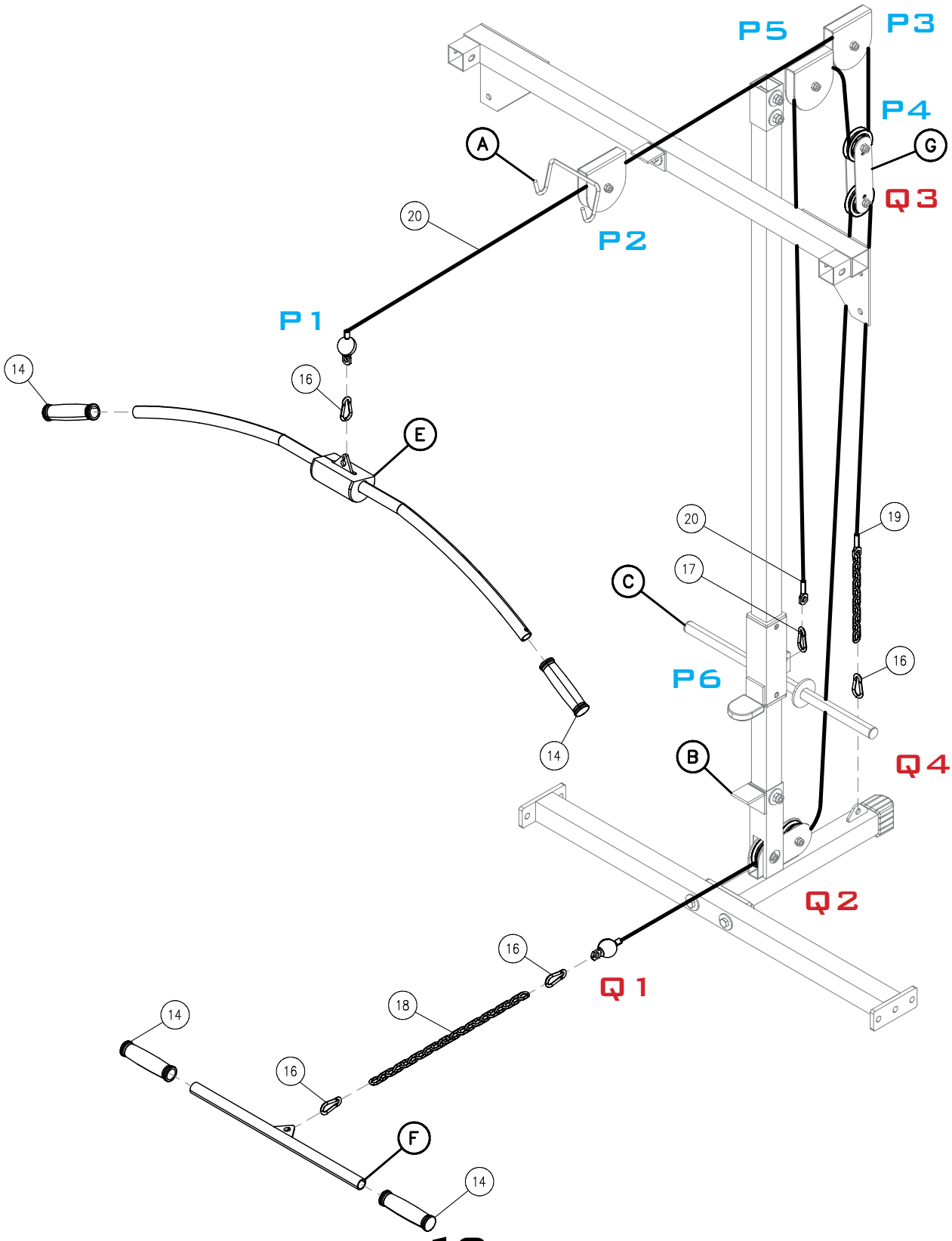
## STEP 4

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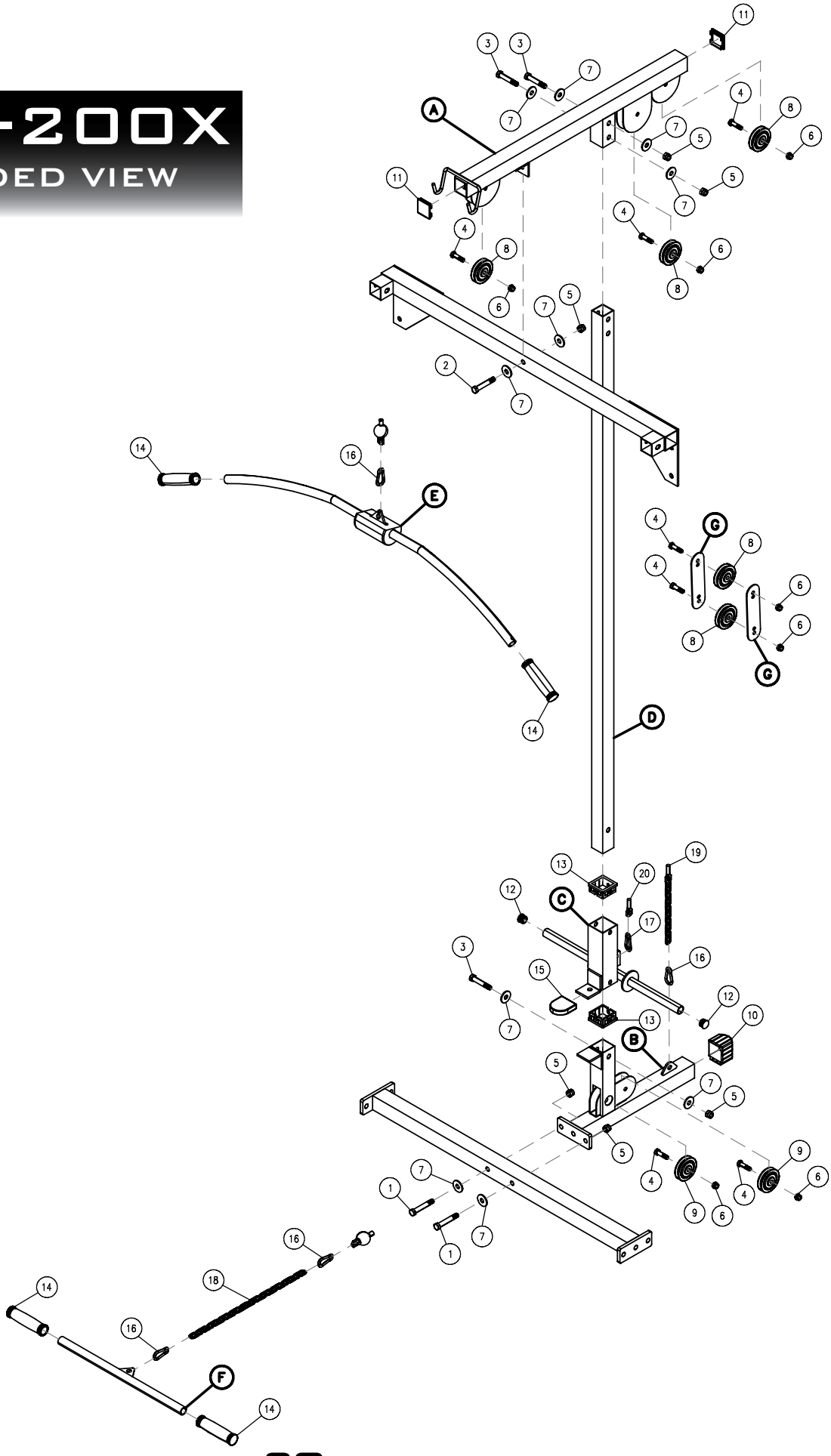
# PLA-200X
## EXPLODED VIEW

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# PLA-200X
## NOTES

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POWERLINE USA
by Body-Solid

# PLA-200X

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N # □□□□□□-□□-□□-□□□□-□□□□


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